

FAB Topic

Fun, Advocacy, and Brainpower



April FAB Topic

Home Life



Agenda



Introductions:



Ground Rules

- ✓ Go over your ground rules for your meeting to see if anyone would like to add a new rule or take a rule off.
- ✓ Share some of the things you have learned that interested you from the FAB topic links, with your group for the appropriate month.
- ✓ Have fun learning, sharing and doing some of the exercises you find for the month we are in.



Fun Games



- ✓ Enjoy playing one or more of the games for the month.
- ✓ Share one or more of the wonderful recipes at your meeting.
- ✓ See if anyone wants to volunteer to make one of the recipes to show at your next month's meeting!

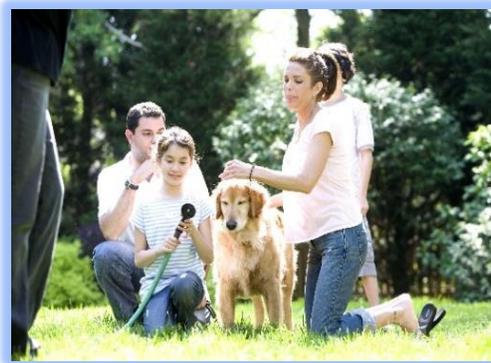


- ✓ End with asking if anyone has any questions or comments.



AGENDA

Home Life



Games

Questions

Adjourn

PLAY



Games

Game 1)

How many glasses of water should you drink every day?



Put 3 fingers up for 3 glasses, 8 fingers up for 8 glasses and make a “0” with your fingers for none.

3



8



or 0



True



False



1. Is going to a spa a good way to stay healthy?

True or False (Thumbs up for True/Down for False)

2. Is eating junk food all day healthy?

True or False (Thumbs up for True/Down for False)

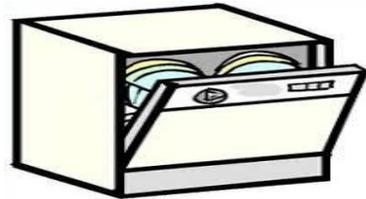
3. A good Advocate Coordinator practices self-determination to be successful.

True or False (Thumbs up for True/Down/for False)

Game 2)

Name of Game: Identifying Household Items

- Is the Dishwasher on the Right or Left?



- Is the Window on the Left or Right?



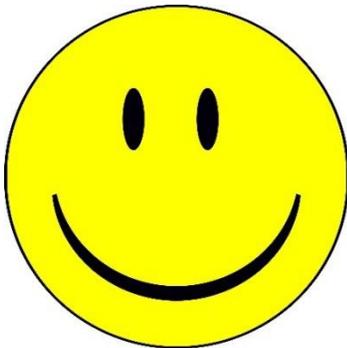
- Is the Stove on the Right or Left?



Game 3) Home Life Game

Instructions

1. Each individual starts with the first smile face and picks the question coded to that smile.
2. Answer the question coded to the smile and share your answers with your group.
3. Continue with step one until all questions have been answered.
4. HAVE FUN!



Questions

Yellow Face - Something you have learned during COVID times

Red Face - Something good that you remember from your past before COVID

Orange Face - What is your favorite holiday?

Green Face - What goal have you met that you are proud of?

Blue Face - What do you enjoy about meeting people virtually?

Brown Face - Where in the world would you live if you could?



Brainpower – Information and resources to empower SA members to be Self-Advocates

If you are looking to run a Self-Advocacy meeting you may find the information below extremely useful. The Self-Advocate Coordinators enjoy finding and sharing the following: Links with good information, games, icebreakers, recipes and exercises that that you can learn from and have fun with as well as meet and be with other people virtually.



Budgeting

<https://www.budgetsmadeeasy.com/budgeting-beginners-guide/>



Keeping House Clean

<https://www.lifestorage.com/blog/organization/how-to-keep-house-clean>



Transportation

<https://agewellct.org/senior-resources/transportation/>





Being Social

<https://www.bestbuddies.org/connecticut/>



This link is about Housing Options

https://digitalcommons.library.umaine.edu/cgi/viewcontent.cgi?article=1036&context=ccids_posters



This link is about Housing Options

<https://slideplayer.com/amp/3918810/>



This link talks about Housing Options from the Arc of the US

<https://youtu.be/UQc7geMXDJU>



Here is a link about Housing Options from the Arc of the US

<https://youtu.be/WHku4NBe5e8>

Real stories about How to Live a Healthy Life with a Disability



<https://www.cdc.gov/ncbddd/disabilityandhealth/stories.html>

Virtual Board



Cooking Ideas and Exercise



April Recipes

Pulled Pork Wonton Tacos

Ingredients

1 (1-pound) pork loin filet



Salt, Chili powder



Cumin



One large, sliced onion sliced



Garlic cloves



½ cup apple cider or water



4 large flour tortillas



Preparation

Season pork with salt, chili powder, and cumin.



Place onion slices and garlic in bottom of 4- to 6-quart slow cooker.



Pour in cider and place pork over onions and garlic.



Heat oven to 350°F. Cover and cook on HIGH 4 hours or LOW for 6 to 8 hours.

Shred meat with 2 forks in cooking liquid.

Using a 3½-inch biscuit cutter, cut tortillas into 12 smaller circles.



Press each tortilla into lightly greased muffin tin cups.



Lightly spray with cooking spray using a 3½-inch biscuit cutter.



Cut tortillas into 12 smaller circles. Press each tortilla into lightly greased muffin tin cups.



Bake 10 to 15 minutes or until lightly browned. Cool completely.

Spoon pork mixture into baked tortillas. Garnish with desired toppings, if desired.



Andie's Quick 'n Easy Sneaky Sloppy Joes

<https://www.allrecipes.com/recipe/253161/andies-quick-n-easy-sneaky-sloppy-joes/>

Ingredients

1 cup lentils



2 onions, diced



1 lb. lean ground beef



1 large green bell pepper, diced



3/4 cup ketchup



3/4 cup barbeque sauce



1 tablespoon Worcestershire sauce



1 tablespoon minced garlic



Directions

1. Place lentils in a small pot and cover with 2 cups hot water.



2. Bring to a boil; reduce heat and simmer until lentils are tender, about 15 minutes. Drain.



3. Heat a large nonstick skillet over medium heat. Add onions; cook and stir until softened, 3 to 5 minutes.



4. Add ground beef and green bell pepper; cook and stir until browned, about 8 minutes.



5. Stir drained lentils, ketchup, barbeque sauce, Worcestershire sauce, and minced garlic into the skillet. Reduce heat to low and simmer until flavors combine and mixture thickens to desired consistency, 15 to 20 minutes.



Blueberry Limeade

<https://www.allrecipes.com/recipe/244846/blueberry-limeade/?internalSource=recipe%20hub&referringContentType=Search&clickId=cardslot%203>

3



Recipe Summary

Prep: 5 mins

Total: 5 mins

Servings: 8

Yield: 8 servings

Ingredients

- 2 cups fresh blueberries



- ½ cup white sugar, or to taste



- ⅓ cup freshly squeezed lime juice



- 6 cups water, or more as needed



Directions

- Blend blueberries, sugar, lime juice, and 1 cup water together in a blender.



- Pour into a pitcher. Add remaining water and stir.



Nutrition Facts

Per Serving: 72 calories; protein 0.3g 1% DV; carbohydrates 18.6g 6% DV; fat 0.1g; cholesterol 0 mg; sodium 5.9mg



April Exercises

<https://www.urbancompany.com/blog/lifestyle/health/10-best-beginners-exercises-to-do-at-home-for-men/>

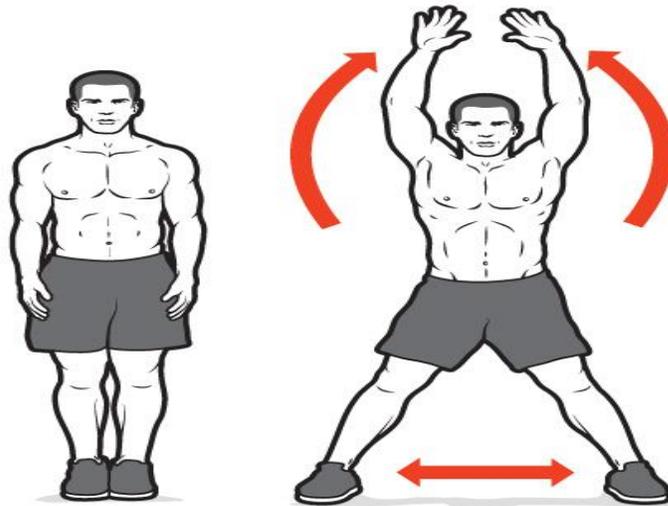
10 Best Exercises for Men to Do at Home



- Regular exercise offers countless benefits. It boosts your immune system, improves your bone health, and lowers health risks like heart problems, diabetes, and many more life-threatening diseases.
- With growing family responsibilities and demanding jobs, exercise takes a backseat on the priorities list. Most of us give brilliant excuses for not exercising regularly.
- Being too busy is the most common excuse one makes. But with proper planning, you can take some time out of your hectic schedule for your own future well-being.
- There is no doubt that regular exercise is the best path to live fit a healthy life. To begin with exercises, you don't really need to hit the gym! You can start at home!
- It may seem little confusing at the beginning to start the exercise without an instructor. Begin with short session of easy-to-do exercises.
- Here are 10 easy-to-do beginners' exercises that every man can do at home. Basically, these exercises need little or no equipment. You can use your body weight as equipment.

10 Best Exercises to Do at Home for Men

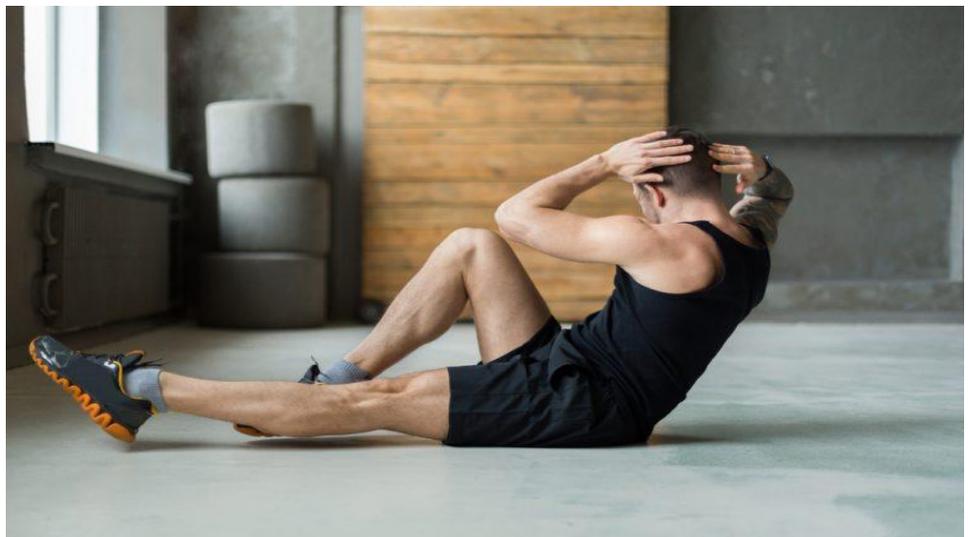
1. Jumping Jacks



2. Plank



3. Cross Crunches



4. Side Plank



5. Squats



6. Lunges



7. Push-ups



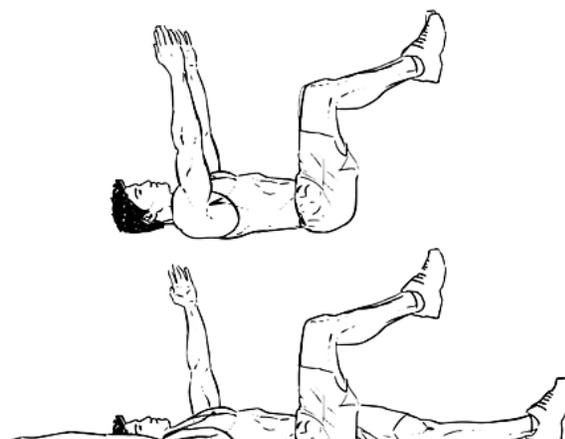
8. Russian twist



9. High Knees



10. Dead Bugs



Ball Class



By looking at these pictures of people doing this exercise ball class, I hope it encourages you to give it a try!

Exercising



[https://www.pinterest.com/search/pins/?q=Wheelchair%20exercises&rs=rs&eq=&etslf=8390&term_meta\[\]=Wheelchair%7Crecentsearch%7C1&term_meta\[\]=exercises%7Crecentsearch%7C1](https://www.pinterest.com/search/pins/?q=Wheelchair%20exercises&rs=rs&eq=&etslf=8390&term_meta[]=Wheelchair%7Crecentsearch%7C1&term_meta[]=exercises%7Crecentsearch%7C1)





<https://www.top10homeremedies.com/wp-content/uploads/2017/09/yoga-poses-for-desk-or-offi.jpg>

MOST EFFECTIVE YOGA POSES that You Can Do at your DESK OR OFFICE

CHAIR
RAISED
HAND POSE



CHAIR
PIGEON
POSE



SEATED
TWIST



WRIST AND
FINGER STRETCH

SIT AND
STAND CHAIR
POSE



SEATED
CRESCENT
MOON POSE



COW
FACE ARMS



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